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CPR: Between Life And Death

When you suffer a heart attack, minutes -- especially the first few minutes -- can mean the difference between life and death.

Statistics tell the story: More than 680,000 die in the U.S. each year from heart attack. Approximately half that number die before they reach the hospital. And an estimated 50,000 could be saved if emergency care were available, at the scene and on the way.

This is a fact of life and death doctors must face. And it is a problem the American Heart Association, and the Piedmont Heart Association, are dealing with realistically.

The most immediate approach to saving lives is the Heart Association's training program in cardiopulmonary resuscitation (CPR). This is a reasonably easily-mastered technique in which someone trained in CPR applies mouth-to-mouth breathing and chest massage to restart the stopped heart in cases of cardiac arrest.

CPR is a first line emergency approach. Hopefully, it will keep the patient alive until more advanced life support -- such as a coronary ambulance or a mobile coronary care unit -- is avilable. Then this advanced life support unit, staffed with trained With the aid of drugs and sophisticated equipment, they maintain life support until the patient reaches the hospital coronary care unit.

It is the Heart Association's belief that each community should be involved in this three-pronged approach to emergency care of heart attack victims: CPR training, an emergency transportation system and well-staffed and equipped hospital coronary care facilities. Many communities already have instituted one or more phases of this program. More than two-thirds of the nation's 7,000 general hospitals have facilities for coronary care.

But providing CPR training for people in all walks of life -- not only medical professionals and emergency personnel -- costs money and manpower. Equipping and staffing a mobile unit is even more expensive. Needless to say, the cost of establishing in-hospital coronary care units has risen sharply.

But money should not stand in the way of programs tnat can lower the death toll of the nation's Number One killer -- cardiovascular disease. And this is one of the ways the Heart Association spends the dollars you contribute to the Heart Fund.

You can help the Heart Association attain its long-standing goal: the prevention of premature death and disability due to heart disease. Making minutes count is one. Making dollars count is another. And your dollars add up to a long life for all of us -- if heart attack strikes. Give generously when your Heart Fund volunteer calls.

Earns Commendation Medal

SHEFFORD, England -- Meritorious service at Bergstrom AFB, Tex., has earned the U.S. Air Force Commendation Medal for Staff Sergeant Carlton R. Jones, son of Mr. and Mrs. Carl E. Jones of Rt. 1, Concord, Va.

Sergeant Jones, a communications equipment repairman, was presented the medal at Chicksands RAF Station, England, where he now serves with a unit of the U.S. Air Force Security Service.

A 1967 graduate of Rustburg (Va.) High School, the sergeant attended Virginia Polytechnic Institute.

CPR Classes To Begin February 19

The Piedmont Heart Association is presenting cardiopulmonary resuscitation classes open to the public, teaching how to help a person who stops breathing or whose heart stops, until an ambulance or rescue squad arrives. A new class will be held every 3rd Wednesday, starting Feb. 19, 1975 at the Lynchburg General - Marshall Lodge Hospital from 6:30 to 10:30 p.m. Advance registration is required. To register, call the Piedmont Heart Association office at 384-1341 for more information.

The first 4 to 6 minutes after either the heart of breathing stops is the most critical period. Death may be inevitable, but many such people could be revived if someone was there and started cardiopulmonary resuscitaiton.

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The Pastor Speaks

LENT

February 12 marks the beginning of Lent. The word "Lent" is a contraction of the anglo-saxon term "lengten-or springtime-when days are lengthening. The season Lent of the Christian year is a period of 40 weekdays of penitential and prayer-filled preparation for the greatest of the Christian festivals, Easter Day. The color in our church is -purple for penance; it is a time for serious thought, for some Christians a time for fasting and prayer, of self-discipline and self-denial. Lent is primarily a time of preparation. Christians can hardly expect to absorb in their souls the rich meaning of an Easter Day (March 30th) without a Lenten preparation. Lent is a 40 day judgment on our priorities, a shattering condemnation of our life style. Lent reminds man that he is sinful, that he is saved by grace, that Jesus Christ suffered the agonies of Calvary for men and four our salvation. Use the 40 day period and the six Sundays of Lent to prepare your soul for a full acceptance of the message of Easter.

Henry E. Riley, Jr.,
Minister, Memorial United Methodist Church, Appomattox

Benefit Dance

Al Reynolds and the Drifters will provide the music at a benefit dance at the Pamplin Fire House Saturday night, February 15, 1975.

The dance will begin at 9 p.m. and continue until midnight. All proceeds from the event will go to the Pamplin Volunteeer Fire Department.

February is Heart Fund Month

The Sunday School Lesson

HERBERT C. BRADSHAW
P. O. BOX 1833
DURHAM, N. C. 27702

Comment on the International Sunday School lesson for Sunday, February 16, 1975.

Topic: A Reconciling People

Scripture: 2 Corinthians 5: 16-21; Galatians 3: 27-29; 6: 1-7; Ephesians 2: 13-16; Philemon.

Their is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus. Galatians 3: 28.

A fourth characteristic of the new people, through whom the living God seeks man, as developed in this series of International Sunday School lessons, is that it is a reconciling people. Reconciliation implies that there has been a difference, a disagreement, from which the differing and disagreeing parties are brought together. We speak of onetime friends, who experience divisive disagreement, as being reconciled; of couples, which have become estranged, or being reconciled. In the theological realm, we speak of man, having been alienated from God through disobedience, as being reconciled to God.

Before comment gets into the role of believers as a reconciling people, it should be pointed out that reconciliation is initiated by God. He is the aggrieved party, for man broke the ties of relationship in which he had been created by the Creator-Father through his disobedience. Thus man alienated himself from God. But God in His love for man initiated reconciliation, by which the difference and the disagreement might be bridged. Paul explains this brilliantly in 2 Corinthians 5: 16-21, in which he shows believers their role in reconciliation. "Christ . . . gave us the ministry of reconciliation . . . we are ambassadors for Christ, God making his appeal through us." With equal clarity Christ reconciled us to himself . . . God was in Christ, reconciling the world to himself . . ."

There are two aspects to the ministry of reconciliation. First, the believer serves as God's messenger of reconciliation. Paul gives to the believer in this role the impressive title of ambassador. As the ambassador from one nation to another works to reconcile any differences between the two countries and to establish and maintain friendly relations between them, the believer as God's ambassador in an alienated world works to reconcile the alienated people of the world with God and to establish and maintain cordial relations between God and man. "We beseech you on behalf of Christ, be reconciled to God."

The second aspect of the ministry of reconciliation is the exercise of a reconciling agency among men. Not only are people alienated from God; they are alienated from one another. We sometimes refer to the believer's role in this ministry as that of peacemaker. We remember that Jesus said, "Blessed are the peacemakers, for they shall be called sons of God."

In order to exercise the ministry of reconciliation in both aspects, the believer must see people in proper perspective. Paul puts it, "From now on, therefore, we regard no one from a human point of view." When we regard people from the human point of view, we see them as handsome or homely, as intelligent or stupid, as educated or ignorant, as rich or poor, as well-dressed or shabby, as male or female, as management or labor, as black or white, as American or Russian. When we regard people from the Christian point of view, we see them as God's creation, either redeemed and reconciled or as prospects for redemption and reconciliation. Those who are "in Christ" are "new people," to be seen as regenerated into new life, into the same household of faith.

Peter once described believers as constituting "a royal priesthood," and Christians like to think of themselves as belonging to the priesthood of believers, in which every believer has access to God through Jesus Christ, the great high priest. In the priesthood of believers responsibility does not end with the individual's access to God for himself, but it includes the minis[illegible] intercession for others, [illegible] may be put in the spir[illegible] lesson, the ministry of [illegible]ation.

[Based on copyrighted lessons produced by the [illegible]mittee on the Uniform [illegible] and used by permission.

No one is immune to disease. It can strike young, the old, the [illegible]. See your doctor for a [illegible] and ask your local [illegible] Association how to stay healthy.

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...by Steve Govoni
...FIELD, CONN.--Rob...ham was born a year ...eneral George Custer ...s just desserts from ...y Horse and 2,500 ...Little Big Horn.

...only an inlant, at the ...ator's last stand, Mr. ...in Cedar Rapids, ...1775, still remember ...ing train ride as a ...old across the Great ...his family's Kansas ...where he spent ...generation.

...celebrated his 100th ...Sunday (January 26) ...s and relatives at a ...convalescent home, ...as not only retained ...nt memory of a ...century but also a ...spirit, sense of ...enjoyment of life.

...e in the halcyon ...the Caroiton Chronic ...alescent Hospital ...s the oldest resident, ...inded midwesterner ...ecalled some of the ...riods through which ...ed. He did not name ...al juncture, but Mr. ...lived through 19 U. ...ndies, five American ...major assassinations, ...recessions and a ...

...y a Stamford resi...ost eight years, Mr. ...the father of Mrs. ...avlowski of Norwalk ...father of William ...tamford contractor, ...Pavlowski of South ...

...ntently poor health ...his hospitalization ...ast two years but the ...tenarian maintains, ...ollest fellow in the ...ital."

...er you say, the ...like a mother, but ...they could dress you ...r. Glenn complained ...playfully at the ...e interview.

...Sunday's celebration, ...an expected he'd ...lot of kisses from all ...e highlights of his 40 ...Kansas, a nurse ...the room, extended a ...greeting and mar...Mr. Glenn's "tremendous ...ory."

...Glenn replied, "If you ...dozen girls in here ...fight for the first ...The nurse gave the sexy ...dozen a kiss on the ...fore leaving.

...in the hospital 69 ..." Mr. Glenn recalled. ...ses' dressed touched ...then, but now they ...take care of the ...

...feet away on a ...able lay a host of ...cards and letters, ...best wishes from ...Gerald R. Ford and ...Grasso.

...write an obituary or ...said," Mr. Glenn said, ...twinkled eye on the ...I'm up and going. I'm ...dandy," he reported ...after being a favorite ...p of himself). Returning ...the subject of his ...party, the former ...farmer and musician ...I've been to a dozen ...more birthday parties ...hall, and they'll sit ...cake . . . but the last ...can't stand anybody ...saying 'oh, I'm gonna ...

...if you're gonna die, ...and prove it," Mr. ...said he had responded. ...Glenn spent 40 years in ...as a farmer then moved ...Appomattox, Va., where he ...for 37 years before ...to Connecticut (his ...favorite domicile). He lived in Stamford for several years before illness mandated steady attention.

He worked a short stint for the Fuller Brush Co. in its early years but takes pride in the fact that he ran the first chain store in Appomattox. Mr. Glenn said he loved to take automobile rides and he said the first thing he remembered indeed midwesterner . . . recalled some of the periods through which he lived. He did not name a special juncture, but Mr. Glenn lived through 19 U. S. wars, five American major assassinations, 9 recessions and a ...

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...No one is immune to ...disease. It can ...young, the old, the ...mittee on the Uniform ...and used by permission. ...See your doctor for a ...and ask your local ...Association how to stay ...healthy.

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